

# Diabetes

1 in 11 adults globally has diabetes<sup>1</sup>

## ADDRESSING A CRISIS, IMPROVING OUTCOMES



Frightening. That's the only way to describe the health crisis in Sri Lanka, where the International Diabetes Federation reports one in 12 people has diabetes and more

than 51 percent of adults are undiagnosed<sup>2</sup>.

Well aware of the toll on its citizens, economy, and future, Sri Lanka's Ministry of Health is working to reduce the disease's burden. Lions, Leos, and Lions Clubs International Foundation (LCIF) are part of the solution, addressing the crisis in the country's Western and Southern provinces, where diabetes' prevalence is approaching 19 percent and 12 percent, respectively<sup>3</sup>.

"Helping our country become healthier is how *We Serve*."

"With nearly US\$57,000 from LCIF, we're proudly helping communities in desperate need through a four-pronged project," explained Past District Governor and project grant administrator K.V.D.W. Wijegunaratne. The project is educating diabetes ambassadors – nearly 250 teachers and 35,000 Lions and Leos – who are increasing awareness of the disease and prevention measures among hundreds of thousands of students and community members. LCIF grant funding is also facilitating screenings for 4,200 at-risk individuals at Sri Lanka's Healthy Lifestyle Centers, five of which are being renovated and expanded. "Helping our country become healthier... This is how *We Serve*."



# A Disease of Epic Proportion

## 87.6 million.

According to the International Diabetes Federation (IDF), that's the number of people in this part of the world who have diabetes<sup>4</sup>. But that's just the beginning. Consider these sobering insights into the disease the World Health Organization says is the eighth leading cause of death worldwide<sup>5</sup>:

**58%** Expected rise in type 2 diabetes in India

*Estimated cases: 87 million<sup>6</sup>*



**#2** Of all IDF regions, South-East Asia ranked 2nd highest in diabetes-related deaths of 20-79-year-olds<sup>7</sup>

**~88%** of adults with diabetes in IDF's South-East Asia region live in India<sup>8</sup>

### THAT'S HERE. GLOBALLY, DIABETES LOOKED LIKE THIS IN 2019:

**~463 million**

20-79-year-olds had diabetes  
*Cases expected by 2045: 700 million*

**50%**

of diabetes cases were undiagnosed

**10%** of all health expenditure on adults was due to diabetes

**374 million**

people were at increased risk of type 2 diabetes

**4.2 million deaths**

were caused by diabetes

**Type 1 diabetes has no known cause nor cure;** combatting type 2 diabetes — often caused by poor diet and lack of exercise — requires education and behaviour modification programs. Left untreated, diabetes can lead to blindness, nerve damage, kidney failure, stroke, heart attack, and more<sup>9</sup>.

## LCIF AND LIONS

### Funding Service, Delivering Solutions

Since 2000, diabetes' prevalence has risen more than 300%<sup>10</sup>. LCIF and Lions are there, and part of the solution to this global epidemic.

[lCIF.org/diabetes](http://lCIF.org/diabetes)

**DIABETES GRANTS** support screenings, health facility access, education, camps

**UP TO US\$250,000**

**MATCHING GRANTS** fund large-scale construction and equipment costs

**US\$10,000 - US\$100,000**

**DISTRICT AND CLUB COMMUNITY IMPACT GRANTS** apply to district and club projects

**GRANT AMOUNT VARIES**

SOURCES/NOTE: 1,2,3,4,7,9 International Diabetes Federation; 5,6,8,10 World Health Organization; grant limits subject to change



LCIF is the grant-making body empowering Lions to create greater impact in their communities and around the world. The vast majority of funding LCIF receives is from Lions; one hundred percent of every donation supports Lions service through LCIF grants and programs.

Diabetes is just one cause area supported by LCIF and Campaign 100: LCIF Empowering Service. With financial support from Lions and clubs worldwide, Campaign 100 is empowering Lions to increase service impact in vision, youth, disaster relief, and humanitarian efforts; fight the global epidemic of diabetes; and make important progress in expanded cause areas of childhood cancer, hunger, and the environment.

**SUPPORT YOUR SERVICE BY SUPPORTING YOUR FOUNDATION**

[lionsclubs.org/donate](http://lionsclubs.org/donate)